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ABSTRACT

The manual is intended to assist the rehabilitation professional in planning services for persons with disabilities, such as long-term mental illness, which require treatment with medication, especially psychotropic medications. The compilation of data groups similar medications together and includes such information as purpose of medication, side effects, drug interactions, and additional information for clients, families, and counselors. Data are provided for antipsychotic medications, antiparkinsonian medications, antidepressant medications, antianxiety medications, and anticonvulsant medications. Additionally, questions are suggested for the patient or counselor to ask the physician prescribing the medication. Indexes are provided organized by both generic and trade names. (DB)

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T O T R E A T P E R S O N S

W I T H

M E N T A L I L L N E S S

by Helen Lisanby Danser

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National
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EC 221016

**A MANUAL OF MEDICATIONS
FREQUENTLY USED
TO TREAT PERSONS
WITH MENTAL ILLNESS**

This work was donated in 1987
to the National Rehabilitation Association
by Helen Lisanby Danser, R.Ph.,
Lexington, Kentucky,
during Joan T. Barker's Presidency.
Published June 1988.

Dedicated to:
Dale Henry Farabee, M.D.
Kentucky Department of Mental Health, 1965-1974

*A pioneer with the vision to plan and implement
rehabilitation services for persons with mental illness*



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PREFACE

This publication was prepared for the purpose of assisting the rehabilitation professional in planning services for persons with disabilities, such as long-term mental illness, which require treatment with medication, especially psychotropic medications. The manual is designed to further the understanding of the nature and effects of these medications.

Although rehabilitation professionals are not involved in the prescription or maintenance of medications, they must often understand a person's medication needs and utilization to effectively assist their client in completing a rehabilitation or independent living plan of services. When more complete or individual information is needed, the reader is urged to contact the client's physician or a pharmacist for guidance and assistance. The National Rehabilitation Association hopes that this publication will be of service to NRA members as well as a useful tool in the practice of psychiatric rehabilitation.

NRA would like to express its appreciation to NRA Past President Joan Barker, of Kentucky, for initiating this important work, and to Helen Lisanby Danser, R.Ph., for her technical expertise. Ms. Danser is a licensed pharmacist from Kentucky with 20 years experience in various facets of psychiatric pharmacy.

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No other technique for the conduct of life attaches the individual so firmly to reality as laying emphasis on work; for his work at least gives him a secure place in a portion of reality, in the human community.

Sigmund Freud

CHAPTER 1: INTRODUCTION

This manual is a compilation of data covering those medications frequently used to treat the various forms of mental illness. The manual does not include all the medications that are used in these illnesses. For example those phenothiazines that are not used frequently are not included, neither are those medications included that have a primary indication in another disease category, but are sometimes used to treat psychiatric conditions.

Likewise all data available about the medications that are included in this manual are not discussed. The data presented is considered by the writer to be important for consumers of the medications; however, this is not intended to imply that other data is any less important. It only means that the scope of this manual is not intended to cover all the information about all the medications used in this country to treat the symptoms of mental illness.

All of the material in this manual can be found elsewhere in more scholarly publications. The purpose of this manual is to discuss this group of medications alone, and to discuss them in everyday language with a minimum of scientific and medical jargon. The manual is directed to the mentally ill client himself/herself, to family and friends and to those outside the clinical setting who come into contact with the client, such as vocational counselors, recreation specialists and others in related fields.

If primary consumers, families, counselors or others have any questions and/or concerns about medications used to treat persons with mental illness, they should seek answers from the clients' physician or other physicians and pharmacists. A bibliography is included with the manual which will give the reader more detailed information about medications in this manual plus many other medications. Users of this manual are encouraged to seek answers to concerns from these resources and any others available to them.

Some general notes might be helpful for consumers, families and rehabilitation counselors to know, however, if any symptom is particularly bothersome, please contact your doctor. For example:

- To help relieve dry mouth, consider using ice chips, sugarless candy and gum; drink more fluids such as juices and/or water to eight full glasses per day; and use artificial saliva which can be purchased at most drug stores.
- To help relieve constipation, eat a high fiber diet and drink more fluids, especially fruit juices, and exercise.
- To help cope with temporary dizziness and faintness when getting up, sit up, and stand up slowly, permitting the body to adjust to each new position before you move to another position. The same procedure should be used for stooping and bending.
- To prevent sunburn while using medications in this manual, use a sunblock with at least a Factor 15 rating and wear a hat with a brim to further protect the face.

The useful life expectancy of this manual will be about five years. New research in the field of the mental illnesses should bring us new data, and hopefully newer, more precise chemicals with which to treat the illnesses. We will also continue to learn new things about our "old" chemicals, both positive and negative.

Until that new day when we better understand the illnesses and have those newer, more precise medications, it is hoped that this manual will be of some benefit to those involved with those symptoms we call mental illness.

'Don't be forecasting evil unless it is what you can guard against. Anxiety is good for nothing if we can't turn it into a defense.

Samuel Meyerick (1783-1848)

CHAPTER 2: ANTIPSYCHOTIC MEDICATIONS

This chapter lists those medications frequently used to treat the symptoms of psychosis. Medications in this unit are referred to as Psychotropics, Antipsychotics, Neuroleptics and Phenothiazines. The currently preferred term is Antipsychotic. This term is descriptive of all the medications in that they are all used to control the symptoms of psychosis.

The medications are grouped under their chemical headings to permit the reader to identify the medications more easily when the clinician uses the chemical grouping in discussions or written communications concerning clients condition and treatment.

All the medications in this chapter are similar in actions, side effects and drug interactions, therefore, they are discussed together. When a medication differs significantly from others in the class it will be specifically mentioned.

Notes to clients and families will contain information of importance to all who work with the client. This section provides information concerning storage of medications and how to cope with some of the medications effects.

This chapter will not contain all the data available on the medications listed. Therefore if the chapter does not answer specific questions or deal with a particular problem call the physician or pharmacist. If there is a serious question concerning consumer safety go the nearest hospital emergency room. If you are a vocational counselor and a concern arises over the consumers safety relative to a prescribed psychotropic you may wish to encourage and assist the consumer in seeking emergency care.

ANTIPSYCHOTICS

A. Phenothiazines (Aliphate Group)

1. **Chlorpromazine** (*Promapar, Thorazine, Thor-Prom*) Chlorpromazine is used to help control psychotic symptoms, and to control the manic symptoms of the manic-depressive illness.
2. **Promazine** (*Sparine*) Promazine is used to help control or manage psychotic symptoms.
3. **Triflupromazine** (*Vesprin*) Triflupromazine is used to help control or manage psychotic symptoms.

B. Phenothiazines (Piperidine Group)

1. **Thioridazine** (*Mellaril, Millazine*) Thioridazine is used to help control or manage psychotic symptoms, and some forms of depression. The drug is also used to treat the symptoms of agitation, anxiety, depressed mood, tension, sleep disturbances and fear in the older person and in treating explosive, combative symptoms in children.
2. **Mesoridazine** (*Serenitil*) Mesoridazine is used to treat the symptoms of schizophrenia, the behavioral problems seen with mental deficiency and chronic brain syndrome, the anxiety, tension, depression, nausea and vomiting in alcoholism.

C. Phenothiazines (Piperazine)

1. **Acetophenazine** (*Tindal*) Acetophenazine is used to treat psychotic symptoms.
2. **Perphenazine** (*Trilafon*) Perphenazine is used to help control or manage psychotic symptoms and has been used to control nausea, vomiting and persistent hiccoughs in adults.
3. **Carphenazine** (*Proketazine*) Carphenazine is used to help control or manage the symptoms of psychosis.
4. **Prochlorperazine** (*Compazine, Chlorazine*) Prochlorperazine is used to help control or manage the symptoms of psychosis and to control severe nausea and vomiting.
5. **Fluphenazine** (*Permitil, Prolixin*) Fluphenazine is used to help control or manage the symptoms of psychosis.
6. **Trifluoperazine** (*Stelazine, Suprazine*) Trifluoperazine is used to control or manage the symptoms of psychosis.

D. Thioxanthenes

1. **Chlorprothixene** (*Taractan*) Chlorprothixene is used to help control or manage the symptoms of psychosis.
2. **Thiothixene** (*Navane*) Thiothixene is used to help control or manage the symptoms of psychosis.

E. Butyrophenone

Haloperidol (*Haldol*) Haloperidol is used to help control the symptoms of psychosis, and to manage the behavioral problems in children with combative, explosive hyperexcitability.

F. Dihydroindolone

Molindone (*Moban*) Molindone is used to help control or manage the symptoms of psychosis.

G. Dibenzoxazepine

Loxapine (*Loxitane*) Loxapine is used to help control or manage the symptoms of psychosis.

Side effects: While side effects do not always happen they can occur. If you think you are having a side effect, be sure to tell your doctor. Sometimes a medicine can be prescribed to reduce the side effects. If this is not possible your doctor may be able to tell you other things you can do to reduce side effect discomfort.

The antipsychotic drugs can show the following unwanted effects at times. Not all persons will experience these effects, and some persons may experience some of the effects, but not all of them.

These drugs can cause exactly the opposite action than the desired one and make the psychotic symptoms worse.

These drugs can also cause headache, weakness, difficulty walking, sleeplessness. For people who suffer from Epilepsy these drugs can cause them to have seizures.

The drugs can cause dry skin, itching, extra sensitivity to the sun.

They can cause extreme fullness of the breasts for women and breast enlargement for men if high doses are given. They can cause changes in the sex drive for both men and women.

Other symptoms that can be caused by these drugs include dry mouth, nasal congestion, (stuffy nose) nausea vomiting, loss of appetite, salivation, (drooling) perspiration, constipation, diarrhea, inability to urinate, too frequent urination, sexual inability in men.

Blurred vision can occur. Other effects include increased appetite and weight gain, fatigue-failure of the cough reflex-hair growth on face if drug is used for a long time.

Some other effects of these drugs can be blood pressure changes, faintness, dizziness.

These drugs to a greater or less degree may cause *parkinsonian* symptoms which are shown as drooling, tremors, pill-rolling motion of the fingers and thumbs on both hands, walking with a shuffle.

Dystonia—these symptoms include spasms of the neck muscles, stiffness at the back of head, movements of arms and legs, tongue sticking out of the mouth, becoming discolored or more rounded in shape.

Drug interactions: Interactions may occur with all the psychotropics. If *alcohol, barbiturates* or similar drugs, are given they may increase the effect of the psychotropic. Medicines used for diarrhea and stomach gas can sometimes reduce the effect of the psychotropics. Some medicines used for high blood pressure may be affected by the psychotropic. *Dilantin* dosages may need to be adjusted when given with the psychotropics. Caffeine containing beverages like coffee, tea, colas may reduce the effectiveness of the psychotropics.

Therefore, be sure to tell your doctor you are taking a Phenothiazine Antipsychotic before he/she prescribes other medicines for you so that dosages of both medicines can be adjusted appropriately.

Notes to clients, counselors and families:

1. Store these medications in a dry cool place away from heat and direct light. If you are taking the liquid form of the drug, store it in the dark so it will remain stable.

2. Do not store any of these drugs in the bathroom medicine cabinet.

ANTIPSYCHOTICS

3. Keep all these medicines out of the reach of children.

4. Take this medicine exactly as ordered by your doctor. Do not increase or decrease the dose or stop taking this medicine unless ordered by your doctor.

5. Some of these medicines may make your urine pink or reddish-brown.

6. Do not drink alcohol while taking this medicine, unless you have told your doctor exactly how much you drink & he/she approves.

7. Do not take other medicines while taking this medicine unless ordered by your doctor. This includes over-the-counter medicine for colds, sinus, sleep and diet control.

8. Do not stay in the sun very long. These drugs increase the skin's sensitivity to sun. If you are in the sun, use a sunblock on your skin.

9. Be very careful in hot weather and do not become overheated. These drugs can increase the body's sensitivity to heat.

10. If you are using the liquid form of one of these drugs be careful not to get the liquid on your skin.

11. Be sure you know how you respond to these drugs and use extreme caution when driving motor vehicles, machinery, using bicycles, motorbikes, scooters, skates, etc.

12. If you feel dizzy or faint when moving your body suddenly—sit from a lying down position before you stand, then stand up slowly to allow your body to adjust. Do not bend, stoop or turn suddenly. Allow your body to adjust to these positions.

13. Do not take your medicine out of the container it was in when you received it from the pharmacy (drug store).

14. Call your doctor if you experience any of the following: sore throat, fever, unusual bleeding or bruising, skin rash, weakness, tremor, trouble seeing, your urine (water) turns dark, skin or eyes look yellow.

Antimanic Agents

H. Lithium (*Eskalith, Lithonate, Lithane, Lithotabs, Lithobid, Cibalith S*) Lithium is used to treat and to prevent the occurrence of the manic phase of the manic-depressive illness or bipolar disorder.

Side effects: Lithium usually does not cause side effects in the correct therapeutic range, however sometimes the following symptoms may occur.

Headache, changes in the sexual drive and performance, taste change, swollen lips, thirst, excess urine production, weight gain, painful joints.

Be sure to let your doctor know if you are having a side effect.

Drug interactions: Drug interactions do not always occur, however the following interactions have been reported.

Antacids may reduce the effect of Lithium.

Drugs used for asthma such as aminophylline may reduce the effect of Lithium.

Sodium chloride (salt) can cause an increase in the effects of Lithium.

Some drugs used to reduce high blood pressure and to reduce body fluid (water pills) can increase the actions of Lithium.

Antiinflammatory drugs used to treat arthritis and similar problems may also increase the effects of Lithium.

Therefore, be sure to tell your doctor you are taking Lithium before he/she prescribes any other medication for you, so the dosages of both medicines can be adjusted for your special needs.

Notes to Clients, Families and Counselors:

1. Store this medicine in a cool dry place away from heat and direct light.

2. Do not store this medicine in the bathroom medicine cabinet.

3. Keep this medicine out of the reach of children.

4. Be sure to tell any doctor that treats you that you are taking Lithium.

5. Do not take any other medicine while taking Lithium without your doctors approval. This includes over-the-counter medicines.

6. Do not drink alcoholic beverages, including wine and beer while taking Lithium.

7. Take this medicine immediately after meals or take food or milk with it.

8. The medicine may make you drowsy therefore be very careful driving and operating machinery.

9. Do not change your fluid and salt use suddenly.

10. Do not get overly hot where you might become dehydrated—(lose too much body fluid).

11. Call your doctor if you have diarrhea, fever, vomiting—a lot of drowsiness, difficulty with coordination of legs, arms, hands, or muscle weakness.

*Anyone can do any amount of work provided it isn't
the work he is supposed to be doing at that moment.*

Robert Benchley

CHAPTER 3: ANTIPARKINSONIAN MEDICATIONS

This chapter lists those medications most frequently used to treat the extrapyramidal or parkinsonian side effects of the antipsychotic agents. These side effects cause movement problems and sometimes affect walking and facial, arm, and hand movements. The medications in this chapter may be referred to as neuroleptic agents, antiparkinsonian agents, or anticholinergics.

The medications listed under anticholinergic will all give a similar response pattern as well as a similar side effect pattern. Please note that some of the side effects of these medications are similar to some of the side effects of the antipsychotics, therefore, the information under NOTES TO CLIENTS AND FAMILIES is very important. Attention is drawn to items number 6, 7 and 8 on page 2.

The remainder of the medications in this chapter are not in the anticholinergic class and would not be expected to necessarily give the same side effect picture even though they are useful in relieving the parkinsonian side effects of the antipsychotics.

This chapter is not intended to cover every single effect, side effect or drug interaction for this group of medications, therefore if the chapter does not provide the answer to specific questions and/or consumer problems call the physician or pharmacist. If consumer safety is at issue take the consumer to the nearest hospital emergency room. If you are a vocational counselor you may wish to encourage the consumer to seek medical advice.

ANTIPARKINSONIAN MEDICATIONS

Anticholinergics

1. **Procyclidine** (*Kemadrin*)
2. **Trihexyphenidyl** (*Artane, Aphen, Tremin, Trihexidyl*)
3. **Benzotropine** (*Cogentin*)
4. **Biperden** (*Akineton*)
5. **Ethopropazine** (*Parisdol*)
6. **Orphenadrine** (*Disipal*)

These drugs are all used to relieve the symptoms of Parkinsonism and also the parkinsonlike symptoms that can occur when certain drugs are used.

Side effects: While side effects do not always occur, the following effects have been seen when these drugs were used. Allergic reactions shown by skin rash. Sometimes some degree of disorientation, confusion, nervousness, dizziness, lightheadedness and some trouble remembering occurs. Some people have experienced dry mouth, nausea, constipation, stomach discomfort. Blurred vision and muscle weakness have occurred. Drowsiness may be a problem for some people. If you think you may be having a side effect, call your doctor. He/she may be able to adjust dosages, prescribe another drug or tell you some other way to deal with side effects.

Drug interactions: While drug-drug interactions do not always occur, the following interactions have been reported.

These drugs may increase the effects of other anticholinergic drugs and narcotics and the heart medicines in the Quinine family.

These drugs may decrease the effects of the psychotropics, therefore dosage adjustments must be made.

Beverage alcohol will increase the depressant effects of these medicines.

Therefore, be sure to tell any doctor or emergency room personnel who may treat you that you are taking an Antiparkinsonian medicine so dosages of all medicines may be adjusted to your special needs.

Notes to clients, families and counselors:

1. Store all these medicines in a cool dry place away from heat and moisture.
2. Do not store any of these medicines in the bathroom and preferably not in the kitchen.
3. **Keep out of reach of children.**
4. If upset stomach occurs while using these medicines, take them with food.
5. All of these medicines may cause drowsiness, dizziness or blurred vision, therefore be sure you know how you will respond to the medicine and then use caution while driving a car and operating machinery including skate-boards, bikes, etc.
6. Dry mouth can be relieved by sucking sugarless candy or eating ice chips.
7. Call your doctor if you have constipation, difficulty or pain when you void water, if your eyes hurt or your heartbeat changes.
8. Drink plenty of fluids (not coffee and softdrinks). eat fiber foods such as high fiber cereals, breads, and vegetables and fruits.

Dopaminergic Agents

1. **Amantadine** (*Symmetrel*) Symmetrel is used to treat parkinsonism that occurs from a variety of sources, including the symptoms caused by drugs.

Side effects: While your doctor has prescribed this drug for you and you should have no problems taking it, there is the possibility that some side effects could occur. Should you experience any of these effects call your doctor so he/she can tell you how to deal with them: dizziness, faintness, difficulty urinating (passing water).

Drug interactions: When Symmetrel is used at the same time as the other antiparkinsonian drugs, the dose may need to be adjusted. Hydrocholorthiazide plus Triamterene has been reported to increase the amount of Symmetrel in the body fluids.

Therefore, be sure to tell your doctor that you are taking Symmetrel so the dosages of all your medicines may be adjusted to your special needs.

Notes to clients, families, and counselors:

1. Store this medicine away from heat and direct light.
2. Do not store this medicine in the bathroom and preferably not in the kitchen.
3. **Keep this medicine out of reach of children.**
4. Use caution when driving a car, truck, operating machinery or riding skate boards, bikes, scooters.
5. Be sure to remind your doctor you are taking this medicine when other drugs are to be prescribed or the dosage changed.

2. **Carbidopa** (*Sinemet, Lododyn*) This drug is used to treat the symptoms of parkinsonism and is helpful in treating the movement side effects of the antipsychotics.

Side effects: Carbidopa is reported not to have side effects, however, sinemet is a combination of Carbidopa and Levodopa, therefore it could be possible that the following effects may occur, loss of appetite, nausea and vomiting, body movements, dry mouth, weakness, dizziness, headache, fatigue, bitter taste, increased swelling—dark colored sweat and/or urine.

Drug interactions: Drug interactions do not always occur, however the following interactions may happen if sinemet is used in combination with other medicines.

The methyl dopa could be expected to interact with many medicines used for high blood pressure and the diuretics (water pills). The psychiatric medications including the phenethiazines butyrophenones, benzodiazepines may affect the actions of levodopa. Phenytoin and Pridoxine may decrease the effect of this drug.

Therefore, be sure to tell your doctor that you are taking this medicine so the dosage of all medicines may be adjusted to your special needs.

Notes to clients, families and counselors:

1. Store this medicine in a cool, dry place away from heat, light and moisture
2. Do not store this medicine in the bathroom and preferably not in the kitchen.

ANTIPARKINSONIAN MEDICATIONS

3. **Keep this medicine out the reach of children.**
4. If you have upset stomach take this medicine with food.
5. Do not take vitamine B products while taking this medicine.
6. Since this drug can cause dizziness be cautious about driving and operating machinery including skateboards, bikes, motorbikes.
7. Do not change body positions suddenly.
8. Call your doctor if any of these symptoms occur, fainting, lightheadedness, movements of the face, eyelids, mouth,

tongue, neck, arms, hands, legs, if your mood changes, if you feel nauseated or you have trouble passing water.

9. Be sure to tell your doctor you are taking this medicine before he/she prescribes any other medicines for your or orders any lab tests.

While your doctor expects this medicine to help your condition and you should have no problem taking it, do call him/her if you have any questions or concerns about your condition or if you think you are having a side effect.

An unemployed existence is worse negation of life than death itself. Because to live means to have something definite to do—a mission to fulfill—and in the measure in which we avoid setting our life to something, we make it empty . . . Human life, by its very nature, has to be dedicated to something.

José Ortega y Gasset

CHAPTER 4: ANTIDEPRESSANT MEDICATIONS

This chapter discusses the Tricyclic and related antidepressants. The chapter does not discuss the Monoamine Oxidase Inhibitors (MAOI). Many of the antidepressants in current use will be in the tricyclic or unclassified groups. If you are working with a consumer who has been prescribed a medication in the MAOI group, call or visit your pharmacist to obtain information needed to understand that medication.

All the antidepressants listed here are expected to give similar therapeutic and side effect results. When a medication gives a response significantly different from others in the class, or when only one medication in the class will interact with other medications, it is mentioned separately.

The information provided in this chapter is not intended to describe all of the possible actions of the listed medications. Therefore if there are questions or problems that arise concerning these medications and they are not covered in this chapter, call or visit a physician or pharmacist. If there is concern about consumer safety take the consumer to the nearest hospital emergency room. If you are a vocational counselor or job coach you may wish to encourage the consumer to seek medical advice.

ANTIDEPRESSANT MEDICATIONS

A. Unclassified

1. Trazodone (Desyrel) Trazodone is used to treat symptoms of depression with or without anxiety features.

Side effects: While many people have no problems taking this drug, side effects can occur. If you think you are having a side effect, be sure to tell your doctor. It may be possible to prescribe another medicine for a short while to relieve the side effects or he/she may be able to tell you how to lessen side effects.

This drug may cause the following effects. Rash, high blood pressure, or low blood pressure, shortness of breath, faintness, anger, hostility, confusion dizziness, drowsiness, fatigue, excitement, headache, nervousness, blurred vision, red eyes, nasal congestion, changes in sexual drive, impotence, changes in menstrual cycle, dry mouth, nausea, vomiting, diarrhea, constipation, increase in urinary frequency, change in weight, change in appetite.

Drug interactions: Digoxin and Dilantin may need dosage adjustments if given at the same time as Trazodone.

Alcohol, barbiturates and other depressants may add to the effect of Trazodone.

The dosage of blood pressure medicine may need to be changed if given with Trazodone.

Be sure you tell your doctor you are taking Trazodone before he/she prescribes other medicines for you so dosages can be adjusted correctly.

Notes to the clients, families and counselors

1. Store this medicine in a dry cool place away from heat and direct light.
2. Do not store this medicine in the bathroom medicine cabinet and preferably not in the kitchen.
3. **Keep this medicine out of the reach of children.**
4. Take Trazodone with food to lessen some of its side effects, and to make the drug work better for you.
5. Do not drink alcohol while taking Trazodone, unless ordered by your physician.
6. While taking Trazodone, do not take any other medicines unless ordered by your doctor. This will include over-the-counter medicine for colds, sinus, sleep, weight control.
7. Use extreme caution when you drive automobiles, operate other machinery, ride bikes, scooters, skates, etc.
8. Call your doctor if you have any of these symptoms: dizziness, lightheadedness, fainting, blood in urine, or if the following symptoms become very bothersome: dry mouth, irregular heartbeat, shortness of breath, nausea and vomiting.

Notes to clients, families and counselors:

1. Store these medicines in a cool dry place away from heat and direct light.
2. Do not store these medicines in the bathroom medicine cabinet, and preferably not in the kitchen.
3. **Keep these medicines out of the reach of children.**
4. Take any of these medicines exactly as ordered by your doctor. Do not increase the dose and do not stop taking the medicine without your doctor's knowledge.
5. Do not drink alcoholic beverages while you are taking an antidepressant.
6. Do not take other medicine while you are taking antidepressant medication, unless it is ordered by your doctor. This includes over the counter medicines.

7. Exercise caution in driving a car, other vehicles, operating machinery, including bikes, scooters, skates, etc.

8. Exercise caution staying in the sun or under a sunlamp. The antidepressant may make you sensitive to the sun.

9. Let your doctor know if you have dry mouth, difficulty in urinating (passing water), or if you are extremely sleepy most of the time.

Tricyclic Antidepressants

1. Amitriptyline (Amitril, Elavil, Emitrip, Endep) Amitriptyline is used to treat the symptoms of depression. It has also been used in some situations involving chronic pain.

2. Imipramine (Janimine, SK-Pramine, Tipramine, Tofranil) Imipramine is used to treat the symptoms of depression. It has also been used to treat some types of chronic pain and to help control night time bed wetting in children over the age of six.

3. Doxepin (Adapin, Sinequan) Doxepin is used to treat the symptoms of depression and also the symptoms of anxiety.

4. Trimipramine (Surmontil) Trimipramine is being studied for use in peptic ulcer as well as to treat depression.

5. Amoxapine (Asendin) Amoxapine is used to treat the symptoms of depression

6. Nortriptyline (Aventyl, Pamelor) Nortriptyline is used to treat the symptoms of depression

7. Desipramine (Norpramin, Pertofrane) Desipramine is used to treat the symptoms of depression

8. Protriptyline (Vivactil) Protriptyline has been used in some sleep disorders as well as in treating depression.

9. Maprotiline (Ludiomil) Maprotiline is used to treat the symptoms of depression.

Side effects: While side effects are not particularly common they may occur. If you think you are having side effects be sure to tell your doctor. Sometimes a medicine can be prescribed to help deal with the side effect. If this is not possible the doctor may be able to help you deal with side effects that might occur. All drugs listed here under Tricyclic Antidepressants may cause the following: low blood pressure when standing quickly, high blood pressure, faintness, confusion, changes in ability to remember, anxiety, nightmares, dizziness, fatigue, headache, dry mouth, blurred vision, nausea, vomiting, changes in appetite, peculiar taste, breast enlargement, menstrual irregularity, changes in sexual drive, nasal congestion, changes in weight.

Drug interaction: The effects of some blood pressure medicine may be changed when the tricyclic antidepressants are given at the same time. Be sure to tell your doctor you are taking an antidepressant so he/she can adjust dosages.

Alcohol, barbiturates, sleeping pills, anti anxiety medicine may increase the effects of the antidepressants.

The effect of some heart medicine may be changed by the antidepressants so the dosage may need to be adjusted.

Birth control pills can change the effect of the antidepressants.

Be sure you tell your doctor if you are taking any of the tricyclic antidepressants before he/she prescribes other medication for you so that he/she may adjust the dosage of each drug appropriately.

CHAPTER 5: ANTIANXIETY MEDICATIONS

The medications listed in this chapter are not usually used to treat the symptoms of psychosis. All of the medications listed in this chapter have been found to be useful in treating the symptoms associated with anxiety. In addition some of the medications in this chapter are helpful in relieving some of the symptoms that can occur with muscle spasm (painful muscles) that are caused by an injury or by conditions such as cerebral palsy or other muscular disorders and stiff-man syndrome. Other medications in this chapter can help control or reduce the symptoms that sometimes occur when one is withdrawing from beverage alcohol. And, some of these medications, when used with other medications are helpful in controlling seizure activity.

The conditions that have been successfully treated by using one of these medications is listed beside that particular medication.

Your attention is called to the section "Notes to clients, families and counselors". If there are any concerns about a consumers use of any of these medications you may wish to encourage the consumer to seek medical advice.

This chapter does not discuss all the information available on the antianxiety medications, therefore, if there is a problem or concern that is not discussed, or if the information presented causes a concern, check with a local physician or pharmacist and/or encourage the consumer to seek medical advice.

ANTIANXIETY MEDICATIONS

A. Benzodiazepines

1. **Oxazepam** (*Serax*) Oxazepam is used to treat anxiety associated with depression. It is also used to treat alcohol tremors.
2. **Lorazepam** (*Ativan*) Lorazepam is used to treat anxiety as well as the anxiety associated with depression.
3. **Alprazolam** (*Xanax*) Alprazolam is used to treat anxiety as well as the anxiety associated with depression.
4. **Chlordiazepoxide** (*Poxide, Librium, Lipoxide, SK-Lygen, Mureil, Reposans-10, Sereen, Libritabs*) Chlordiazepoxide is used to treat anxiety and to treat alcohol withdrawal symptoms.
5. **Diazepam** (*Valium, Valrelease*) Diazepam is used to treat anxiety and alcohol withdrawal. It also is used as a muscle relaxant and anticonvulsant.
6. **Halazepam** (*Paxipam*) Halazepam is used to treat the symptoms of anxiety.
7. **Prazepam** (*Centrax*) Centrax is used to treat anxiety.
8. **Clorazepate Dipotassium** (*Tranxene*) Tranxene is used to treat anxiety and to treat alcohol withdrawal and is useful in some forms of seizures.

Side effects: While your doctor has prescribed this medicine for you and you should have no problems taking it as prescribed, in rare instances the medicine may cause the following side effects. Let your doctor know if these effects are troublesome. Sometimes a medicine can be prescribed that will control side effects or the dosage can be adjusted.

All of the antianxiety agents can cause sleepiness, sedation, lethargy, fatigue, light headedness, restlessness, headache, dry mouth, change in appetite, constipation or diarrhea, alternation in sex drive and momentary low blood pressure.

Drug interactions: While drug interactions are usually not very frequent let your doctor know all the medicines you take, including over-the-counter medicine so he/she can adjust the dosage appropriately when new medicine is prescribed.

Alcohol and other depressant drugs like phenobarb will add to the effects of the antianxiety medication, other drugs like antihistamines, psychotropic drugs and antidepressants can also add to the effects of the antianxiety drugs.

INH and rifampin, drugs used to treat tuberculosis, will alter the way antianxiety agents are broken down in the body.

Birth control pills also alter the breakdown of the antianxiety agents.

Antabuse and tagomet may impair the breakdown of Librium, Valium and Xanax.

Notes to clients, families and counselors:

1. Store these medicines away from heat and direct light.
2. Do not store this medicine in the bathroom medicine cabinet, heat and moisture may cause damage.
3. **Keep this medicine out of the reach of children.**
4. Do not increase the dose of this medicine unless your doctor tells you to.
5. Do not stop taking this medicine suddenly, unless your doctor tells you to.

6. Be sure to tell your doctor or dentist you are taking this medicine before you have emergency treatment and or surgery, including dental surgery.

7. Do not take any other medication while taking this medicine, including over-the-counter medication for sinus, colds, hay fever, allergies, sleep or diet, unless ordered by your doctor.

8. Do not drink alcoholic beverages while taking this medicine, unless specifically ordered by your doctor.

9. Be sure you know how you respond to this medicine before you drive a car, or operate machinery. This includes riding bikes, scooters, etc.

10. Do not take antacids (medicine for stomach gas) with this medicine unless ordered by your doctor.

11. Take this medicine with food if it causes you to have an upset stomach.

B. Antianxiety Agents

1. **Hydroxyzine** (*Atarax, Atozine, Durrax, Anxanil, Hy-Pam, Vamate, Vistaril*) Hydroxyzine is used to relieve anxiety and tension, it is also used to treat anxiety in alcoholism and asthma. It is also used to relieve itching in allergic conditions.

Side effects: Hydroxyzine may cause drowsiness and dry mouth.

Drug interactions: Depressants like barbiturates, alcohol, antidepressants, narcotics and antipsychotics may potentiate (add to) the effects of hydroxyzine.

Be sure you tell your doctor you are taking Hydroxyzine before he/she prescribes other medications for you so that dosages may be adjusted properly for your special needs.

Notes to clients, families and counselors:

1. Store this medicine out of heat and direct light.
2. Do not store in bathroom medicine cabinet where heat and moisture may cause damage.
3. **Keep out of reach of children.**
4. Do not take other medications while taking this medicine unless told to by your doctor. This includes over-the-counter medicines for colds, sinus, sleep, diet control.
5. Do not drink alcohol while taking this medicine, without your doctors knowledge. Be sure to tell him/her how much you drink.
6. Be sure you know how you respond to this medicine before you drive a vehicle, or operate machinery including bikes, scooters and skateboards.

2. **Doxepin** (*Adapin, Sinequan*) Doxepin is used to treat depression or anxiety, and to treat anxiety associated with alcoholism.

Please see Antidepressants, tricyclic group for any side effects that might occur.

CHAPTER 6: ANTICONVULSANT MEDICATIONS

This chapter lists several of the anticonvulsants in each of the chemical sections. The medications in this chapter will give both beneficial effects and side effects in relation to the amount of the medication in the blood stream. Vomiting, diarrhea and constipation will affect the blood level of some of these medications. Therefore, if a client becomes ill in the work place or on a recreational outing, this information should be shared with significant others in the client's life as appropriate.

This chapter does not contain all of the information that is known about the medications that are listed. Therefore, if there are questions and/or problems with these medications that are not mentioned in the chapter call a physician or pharmacist. If unusual seizures occur or client safety is at issue take the client to the nearest hospital emergency room, or encourage the client to seek medical advice from their physician.

ANTICONVULSANT MEDICATIONS

A. Hydantoins

1. **Phenytoin** (*Dilantin*)
2. **Mephenytoin** (*Mesantoin*)
3. **Ethotoin** (*Peganone*)

The three (3) hydantoin drugs listed are all used to control grand mal seizures

Side effects: Although side effects from the proper dose of these drugs do not always happen, they can occur. Be sure to notify your doctor if you think you may be experiencing a side effect.

These drugs may cause the following effects: slurred speech, dizziness, sleeplessness, fatigue, irritability, tremor, headache, nausea, vomiting, diarrhea or constipation. Dilantin frequently causes excess growth of gum tissue, skin rash.

Drug interactions: The hydantoin anticonvulsants do not always interact with other medications, however, the following interactions have been reported to have occurred.

The following drugs can cause an increase in the effect of the hydantoins. Some drugs for gout, some antibiotics, INH, Trofranil, aspirin and Motrin (and over-the-counter forms of Ibuprofen), alcohol, antabuse, Tagomet.

These drugs can decrease the effects of hydantoins: chronic drinking of alcohol, Folic acid, antacids, calcium, flu vaccine, furadantin, Theophylline.

Dilantin may decrease the effects of steroids, some blood thinners, some heart medicines (digitalis, preparations) Haldol, birth control pills, lasix (water pill).

Be sure to tell your doctor if you are taking any of these drugs before he/she prescribes other medicines for you, so that the dosages of both medicines can be adjusted for your special needs.

Notes to clients, families and counselors:

These notes apply to all the hydantoin anticonvulsants.

1. Store this medicine in a cool dry place away from direct light.
2. Do not store this medicine in the bathroom medicine cabinet.
3. **Keep this medicine out of the reach of children.**
4. Take this medicine with food to increase its ability to enter the system and to reduce the possibility of upset stomach.
5. Do not drink alcohol while you are taking these medicines.
6. Do not change the dose of this medicine or stop taking it unless your doctor tells you to.
7. If you take Dilantin, be sure to brush your teeth and gums daily and to tell your dentist you take Dilantin.
8. Do not take any other medicine unless it is ordered by your doctor. This includes over-the-counter medicine for colds, sinus, hay fever, pain, sleep, diet control. Always tell your doctor you are taking this medicine.
9. Since these drugs can cause drowsiness, use caution operating a motor vehicle, machinery, including bicycle, skateboard, etc.

B. Succinimides

1. **Ethosuzimide** (*Zarontin*)
2. **Methsuximide** (*Celontin*)
3. **Phensuximide** (*Milontin*)

These drugs are all used to treat certain types of seizures

Side effects: You should have no problems when taking the appropriate dose of this medicine, however, occasionally side effects can occur. Be sure to notify your doctor if you think you are having a side effect.

These drugs may cause rash, irritability, drowsiness, headache, tiredness, sleeplessness, vomiting, stomach pain, nausea, loss of appetite, dizziness.

Notes to clients, families and counselors:

1. Store this medicine away from heat and direct light.
2. Do not store this medicine in the bathroom medicine cabinet.
3. **Keep this medicine out of the reach of children.**
4. If upset stomach occurs, take this medicine with food or milk.
5. Do not drink alcoholic beverages while taking this medicine.
6. Do not change the dosage of this medicine, nor stop taking this medicine unless your doctor tells you to.
7. Do not take other medication with this medicine unless it is ordered by your doctor. This includes over-the-counter medicine for colds, sinus, hay fever, pain, sleep, diet control.
8. Phensuximide may cause your urine to be pink, red or reddish brown.
9. Use extreme caution if you drive motor vehicles, operate machinery, including bicycles, scooters, skateboards, etc.
10. Call your doctor if you have skin rash, joint pain, unexplained fever, sore throat, unusual bruising, bleeding, excessive drowsiness, dizziness, blurred vision, pregnancy.

C. Oxazolidinediones

1. **Paramethadione** (*Paradione*)
2. **Trimethadione** (*Tridione*)

The oxazolidinedione anticonvulsants are used to treat certain types of seizures, when the seizures have not responded to treatment with other drugs.

Side effects: Although you should have no problems when taking the proper dose of the oxazolidinediones, they may occasionally cause side effects. If you think you are having a side effect, be sure to tell your doctor. Some side effects are skin rash, hair loss, dizziness, drowsiness, increased irritability, headache, sleeplessness, vomiting, stomach pain, nausea, loss of appetite, weight loss, hiccoughs.

Notes to clients, families and counselors:

1. Store this medicine in a cool dry place away from heat and light.
2. Do not store this medicine in the bathroom medicine cabinet.
3. **Keep this medicine out of the reach of children.**
4. Take this medicine with food or milk if it causes upset stomach.

ANTICONVULSANT MEDICATIONS

5. Do not change the dose, or stop using this medicine unless ordered by your doctor.
6. This medicine might cause sensitivity to bright light.
7. Do not take other medicines with this medicine unless ordered by your doctor. This includes over the counter medicines for colds, sinus, hay fever, sleep and pain and appetite control.
8. Exercise extreme caution if you drive a motor vehicle, operate machinery, including bicycles, scooters, skateboards, etc.
9. Call your doctor if the following occur: eye problems, extreme drowsiness, or dizziness, sore throat, fever, unusual bleeding or bruising, skin rash, pregnancy.

D. Benzodiazepines

1. Clonazepam (Klonopin) Clonazepam is used to treat some types of seizures.

Side effects: Although you should have no problems when taking the appropriate dose of Clonazepam, side effects can occur. Tell your doctor if you think you are having a side effect. This drug might cause drowsiness, abnormal eye movements, headache, slurred speech, tremor, confusion, depression, forgetfulness, sleeplessness, nasal drainage, hair loss, skin rash, loss of appetite, or an increased appetite, nausea, sore gums, changes in urinary frequency.

Drug Interactions: The depressant quality of Clonazepam may be increased by beverage alcohol, narcotics, sleeping pills, whether or not they are barbiturates, the minor tranquilizers like Librium and Valium, the antipsychotic drugs, antidepressants.

Be sure to tell your doctor that you are taking Clonazepam before he/she prescribes other medications for you so that the dosages of all your medications may be adjusted for your special needs.

Notes to clients, families and counselors:

1. Store this medicine away from heat and direct light.
2. Do not store this medicine in the bathroom medicine cabinet.
3. **Keep this medicine out of the reach of children.**
4. Do not stop taking this medicine or change the dose unless your doctor tells you to.
5. Do not drink beverage alcohol (or other alcohol) while taking this medicine.
6. Do not take other medicine unless ordered by your doctor. This includes over-the-counter medicine for colds, sinus, hay fever, pain, sleep, weight control.
7. Use extreme caution if you drive a motor vehicle, operate machinery including bicycles, scooters, skateboards, etc.

Benzodiazepines

2. Clorazepate (Tranzone) Clorazepate is usually used with other drugs in the control of seizures.

3. Diazepam (Valium, Valrelease) Diazepam is usually used with other drugs to control seizures.

Side effects: Although you should have no problems from the appropriate dose of Clorazepate or Diazepam, side effects

can occur. Be sure to tell your doctor if you think you are experiencing a side effect. These drugs may cause you to feel sleepy, depressed, lethargic, fatigued, lightheaded, restless. They can cause constipation, diarrhea, dry mouth, nausea, change in sex drive, menstrual irregularities, change in blood pressure, skin rash.

Drug Interactions: Alcohol, sedatives, sleeping pills and some pain medication (narcotics) may add to the depressant effect of these drugs. The phenothiazine antipsychotics and the antidepressants, tricyclic and monoamine oxidase inhibitors may add to the depressant action. Cigarette smoking may alter the effects of these drugs. INH and rifampin alter the effect of clorazepate.

Be sure to tell your doctor that you are taking Clorazepate or Diazepam before he/she prescribes other medications for you.

In addition, Antabuse and Tagomet may interfere with the effects of Diazepam.

Notes to clients, families and counselors:

1. Store this medicine in a cool dry place away from heat and direct light.
2. Do not store this medicine in the bathroom medicine cabinet.
3. **Keep this medicine out of the reach of children.**
4. Do not change the dosage of this medicine, or stop taking it, unless directed by your doctor.
5. Do not drink alcohol while taking this medicine, unless ordered by your physician.
6. Do not take other medicine unless directed by your doctor, this includes over-the-counter medicine for colds, sinus, hay fever, sleep, diet.
7. Be sure to tell your doctor you are taking this medicine when you are given new treatments and/or medicines.
8. Exercise caution when driving motor vehicles, operating machinery including bicycles, skates, etc.

Anticonvulsants

1. Primidone (Mysoline, Myidone) Primidone is used to treat grand mal and other forms of seizures.

Side effects: One may see the following additional symptoms with this drug—fatigue, emotional disturbances, mood changes, loss of appetite, vomiting, skin rash, sexual impotence.

Drug Interactions: While drug interactions may not occur when primidone is given with other drugs, the following effects have been reported.

Phenytoin may interfere with the effects of Primidone. Dosages must be monitored. INH may alter the effects of Primidone.

Be sure to tell your doctor you are taking Primidone before other medications are prescribed.

Notes to clients, families and counselors:

1. Store this medicine as you would all others listed in this manual.
2. If medicine causes upset stomach, take it with food.
3. Do not change dose or discontinue this medicine unless ordered by doctor.

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4. Do not drink alcohol or take other drugs while you are taking this medicine, unless ordered by your doctor. This includes over-the-counter medicine for colds, sinus, hay fever, sleep, diet control.

5. Use caution driving a motor vehicle, operating machinery, including bicycles, scooters, skates, etc.

6. Call your doctor if you develop skin rash, joint pain, unexplained fever or if you become pregnant.

2. Valproic Acid (Depakene) Valproic acid is used alone or with other drugs to treat various types of seizures.

Side Effects: While you should usually have no problems while taking appropriate doses of Valproic acid, side effects can occur. Tell your doctor if you think you may be experiencing a side effect. This drug may cause the following effects, nausea, vomiting, indigestion, diarrhea, constipation, abdominal cramps, changes in appetite, sedation, skin rash, weakness, menstrual irregularity.

Drug Interactions: Barbiturates and Valproic acid give an increased effect. Aspirin products may increase the effects of Valproic Acid.

Be sure you tell your doctor you are taking Valproic Acid before other medications are prescribed.

Notes to clients, families and counselors:

1. Store this medicine in a cool dry place away from heat and direct light.
2. Do not store medicine in the bathroom medicine cabinet.
3. **Keep this medicine out of the reach of children.**
4. If upset stomach occurs, take this medicine with food.
5. Do not chew tablets or capsules, swallow them.
6. Be especially cautious in driving motor vehicles, operating machinery including bicycles, scooters, skates, etc.
7. Do not take other medicines while taking this medicine.
8. Do not drink alcohol with this medicine.

3. Carbamazepine (Tegretol) Carbamazepine is used to treat various forms of seizures. It is also used to treat trigeminal neuralgia.

Side effects: While side effects do not always occur when carbamazepine is taken and one should not expect to have problems, the following effects have been reported when Carbamazepine was taken.

Carbamazepine might cause these effects: dizziness, drowsiness, unsteadiness, nausea, vomiting, either difficulty in urination or very frequent urination, sexual impotence, confusion, headache, fatigue, blurred vision, skin rashes, either diarrhea or constipation, dry mouth, loss of appetite, aggravation of already existing high blood pressure, low blood pressure, leg cramps.

Drug Interactions: It is possible for the following drug interactions to occur: troleandomycin and erythromycin, both antibiotics may increase the effects of carbamazepine.

The effect of birth control pills may be reduced when carbamazepine is given with them.

Several other drug interactions have been reported involving pain medications, blood pressure medicines and others.

Therefore, be sure to tell your doctor you take carbamazepine before other medicines are prescribed to allow for dosage adjustments to fit your special needs.

Notes to clients, families and counselors:

1. Store this medicine in a cool, dry place away from heat and direct light.
2. Do not store this medicine in the bathroom medicine cabinet.
3. **Keep this medicine out of the reach of children.**
4. Do not take other medicines unless ordered by your doctor. This includes over-the-counter medicine for colds, sinus, hay fever, sleep and diet control.
5. Take this medicine with food to reduce stomach upset.
6. Use caution while driving motor vehicles, operating machinery including bicycles, scooters, skates, etc.
7. Call your doctor if you have unusual bleeding or bruising, fever, chills, sore throat, sores in the mouth, or your skin or eyes look yellow.

4. Phenacemide (Phenurone) Phenacemide is used to treat seizure disorders.

Side effects: Phenacetamide can cause the following effects: loss of appetite and weight loss, skin rash, drowsiness, headache, inability to sleep, fatigue, fever, muscle pain.

Notes to clients, families and counselors:

1. Store this medicine in a cool dry place away from heat and direct light.
2. Do not store this medicine in the bathroom medicine cabinet.
3. **Keep this medicine out of the reach of children.**
4. Do not take other medicines while you are taking phenacetamide unless your doctor tells you to. This includes over-the-counter medicine for colds, sinus, hay fever, sleep, diet control.
5. Take this medicine with food to reduce stomach upset.
6. Use caution while driving motor vehicles, operating machinery including bicycles, skateboards, scooters, etc.
7. Call your doctor if you have unusual bleeding or bruising, fever, chills, sore throat, sores in the mouth, or your skin or eyes have a yellow appearance.

CHAPTER 7: SOME QUESTIONS ABOUT MEDICATIONS

This chapter contains a list of questions that one might wish to have answered about any medicines that might be used. Most of these questions can be answered with information presented in this manual in chapters 2 through 6 for medicines used to treat persons with mental illnesses and seizures. However, it might be helpful to have the answers to these questions for other medicines one might be using, such as medicine for high blood pressure, diabetes, heart problems, etc.

The questions that are listed are not intended to encompass all the questions one might have about medicines one is taking, but they are offered as a guide to start a discussion about a person's particular medication program.

The person using this manual is encouraged to add to the list any concerns or questions he/she may have about any medicines being used for any condition.

SOME QUESTIONS ABOUT MEDICATIONS YOU MAY WISH TO DISCUSS WITH A PHYSICIAN OR PHARMACIST

- 1 – What symptoms is this medication suppose to treat?
- 2 – Will this medicine cure the condition or only control the symptoms?
- 3 – How long should it take for the medicine to begin to work?
- 4 – If the medicine does not work in the length of time it is supposed to should it be stopped?
- 5 – Can the prescribed medicine be taken with food, with milk, juices, coffee or colas?
- 6 – Are there any foods that might change the effect of this medication?
- 7 – Can this medicine change the way the body uses food?
- 8 – Does this medicine have any side effects? If so can something be done to reduce the side effects?
- 9 – Will this medicine interact with other medicines that might be prescribed? Will it interact with over-the-counter medicines?
- 10 – Will drinking alcoholic beverages affect the action of this medicine? Alcoholic beverages include beer and wine.
- 11 – Should this medicine be stored any special way?
- 12 – Is this medicine dispensed in its generic form? Will there be any problem if different generic forms are dispensed each time the prescription is renewed?

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